

## *Information for You from Your Health Care Team*

### Fleets Phospho-Soda Colonoscopy Preparation

Your colonoscopy will be performed by: \_\_\_\_\_

Date and Time of Colonoscopy: \_\_\_\_\_ Arrive at: \_\_\_\_\_.

Your procedure will be done in the Endoscopy Suite at:

Hill Medical Building Suite 206

University Hospital, 750 E. Adams St.

The colon must be completely cleansed and empty. This is achieved by drinking the bowel cleansing solution given to you as indicated below. Failure to follow these instructions could lead to an unsuccessful colonoscopy that may have to be repeated.

#### The day prior to the procedure:

- Begin a clear liquid diet and remain on a clear liquid diet until after your colonoscopy is completed.
- **Clear Liquid Diet**
  - **Soups:** Clear bouillon, chicken broth or vegetable broth.
  - **Beverages:** Tea and Coffee (without cream/milk), Kool-Aid and Gatorade (**no red or purple**), apple juice, cranberry juice, grape juice, and carbonated beverages.
  - **Dessert:** Italian ice, Popsicles, and Jell-O (**no red or purple**).
  - At 4 PM, drink (1) 1 ½ ounce bottle of Fleets Phospho-Soda. Then drink (3) 8 ounce glasses of any clear liquid.
  - At 7 PM, drink the second (1) 1 ½ ounce of Fleets Phospho-Soda. Then drink (3) more 8 ounce glasses of any clear liquid.
  - Drink at least (3) more 8 ounce portions of clear liquid before going to bed.
  - This will cause you to have loose, watery bowel movements.
  - You may drink as much water as you like until midnight.
  - Nothing after midnight, except medications.
  - **If you need to cancel or change your appointment, please call the Endoscopy scheduler at 464-1600 48 hours in advance.**
- **Because of the medications given to you during the examination, You must have someone accompany you home after you are discharged. If you come without someone, your test will not be done.**
- **Medications:** Continue your usual medications (except for those listed below) as scheduled. The morning of your colonoscopy, you may take your essential medications such as those for blood pressure, heart, thyroid, and seizure with a small amount of water.
  - Notify your doctor **NOW** if you are taking any “blood thinning” medications such as **Coumadin (Warfarin) or Plavix.**
  - **For diabetics:** If you are a diabetic taking insulin injections, administer one half your usual dose the day before the procedure. Do not take your insulin the morning of your procedure. Unless told differently by your physician, continue your usual dose the day after the procedure.

- **Stop taking iron pills** 7 days prior to Colonoscopy.
- Please leave any valuables at home.

If you have any questions or need to cancel or change your appointment, please call University Gastroenterology at (315) 464-1600 or University Gastroenterology Endoscopy Suite at (315) 464-1616.